Bayou Style Vegetable Gumbo
New Orleans Square Disneyland Resort®

1 oz. Unsalted Butter
½ Cup Diced Onion
½ Cup Diced Celery
1 oz. Flour

1 Gal. Vegetable Stock
1 Cup Cut Okra
1 t Cayenne Pepper
¾ t White Pepper
1 T Gumbo File**
1 Cup Diced Tomatoes
4 Cups Cooked Rice
Salt to Taste

Preparation:

In a large soup pot, melt butter. Add onions, celery and sauté until tender. Add flour for roux. Cook roux for 3 minutes. Add all other ingredients and bring to a boil. Simmer for 15 minutes.

NOTE. The variance from starch in the rice and flour may require more or less vegetable stock.

** Gumbo File is a seasoning which is an integral part of Creole cooking and is use to thicken and flavor gumbos and other Creole dishes. Choctaw Indians from the Louisiana bayou were the first user of this seasoning which is made from the ground, dried leaves of sassafras tree. You should be able to find it in the gourmet section of your favorite grocery store.